



# Monthly Mindfulness Follow-up sessions

Mondays 21st Jan, 11th Feb, 11th March,  
7pm-9pm

These monthly follow-up sessions are designed to support you - whether you are a consistent meditator or an occasional dabbler - to revive, strengthen and deepen your mindfulness practice.

Each session will offer an opportunity to review our familiar core practices and learn new ones taken from other complementary sources that I have found really helpful - such as the MBCT for Life programme recently pioneered at Oxford University, Rick Hanson's Neuroplasticity Programme and the Mindfulness-Based Compassionate Living course.

Our emphasis will be on strengthening our ability to self-regulate in the face of challenges - we'll be reviewing the skills and strategies we learnt on the course and building on them - cultivating resilience, building inner resources and developing self-compassion, as well as of course taking time to savour the good things in our life and supporting ourselves to better realise our potential and flourish.

I am open to your suggestions on themes to explore such as managing anxiety, mindful interpersonal communication, whatever might be relevant to your own needs.

No formal practice will be set but you will be encouraged and supported to use some of the practices taught in the sessions.

All are welcome, regardless of whether you have done the foundation course with me.



**When:** Mondays 21st January, 11th February, 11th March, 7- 8.30pm

**Where:** 1 Criffel Avenue, Streatham Hill, SW2 4AY

**Cost :** £15 per session. You can come to one session only or to all three.

**How to book :** drop me an e-mail at [info@southlondontherapy.net](mailto:info@southlondontherapy.net) or call me on 07941 272402.

These sessions are open to anyone who has completed an 8-week Mindfulness course.